

Community Counseling Services **Clinton County (Adolescents- age 14-19)**

***Private Therapists:**

Natalie Ward

Clinical Social Work/Therapist, LCSW, MSW

Hearthstone Counseling

Plattsburgh, New York 12901

(518) 633-5082

Choosing a therapist for your child or teen is a big decision. It's important to choose someone with whom you'll feel comfortable and who will have the personal qualities, experience and training needed to help make things better. I'm a licensed clinical social worker with over 18 years experience counseling children and adolescents and helping families during difficult times. My approach combines what I've learned works from my experience with well established evidence-based treatments.

The type of treatment will depend on age, reason for coming to therapy and goals you hope to achieve. With younger children I often use play therapy or parent training and CBT or DBT for older children or adolescents with anxiety or depression. And including families in therapy is extremely important!

I love working with kids and their families. It's been my passion and the focus of my life's work!

Frances M. Ryan

Counselor, MS, LMHC

212 West Bay Plaza

Plattsburgh, New York 12901

(518) 213-3746

I am currently accepting new clients. In my therapy practice I provide a comfortable, safe and confidential space for my clients to get support, learn, heal and grow. It is my experience that the best environment for emotional healing and individual growth is an environment where the individual feels a high level of trust and support. My goal is to provide that environment to each and every unique person who I see in my practice. I am experienced in treating panic, anxiety, depression, trauma/PTSD, mood disorders, ADHD, self-esteem issues, LGBTQ related concerns, as well as relationship issues.

My therapeutic approach is a person-centered approach of openness and engagement. I focus on each client's strengths as well as concerns. I am experienced in Cognitive Behavior Therapy (CBT) and DBT. I use a motivational approach to activate improved self-care, healthy living, problem-solving and personal growth.

I am a New York State Licensed Mental Health Counselor. I have over 25 years experience assisting individual adults (young adults and older), parents, children and teens as well. I am experienced in treating many mental health and addiction issues. CBT can help you challenge negative thoughts and increase healthy perspectives immediately.

Carole B Okun

Clinical Social Work/Therapist, LCSW-R

110 West Bay Plaza

Plattsburgh, New York 12901

(518) 832-5329

Do you worry all the time or easily get stressed out? Do you feel panicky around others or when leaving home? Do you have fears of something in particular that you would like to overcome? Do you have negative thoughts that you'd like to stop? Do you keep doing things over and over that seem senseless? Do you have physical symptoms when you're worried? Do you think you'll never get that job, spouse, house, or other goals? Do you put yourself down often? Do you have low energy? Low motivation? Procrastinate? Do you want improved relationships?

I am a certified Cognitive Behavior Therapist and have Diplomat status with the Academy of Cognitive Therapy. Scientific research has consistently shown that CBT is a highly effective form of psychotherapy for a wide variety of symptoms/disorders. CBT is short term, typically lasting anywhere from 10-20 sessions.

Karen Dague

Child and Adolescent Counseling, LCSW-R

159 Margaret Street, Suite 250

Plattsburgh, New York 12901

(518) 569-2035

Anxiety, depression, self-esteem, ADD/ADHD, relationships, trauma, behavior management, divorce, eating disorders, grief and loss, social skills, coping with disability. Evening and weekend hours available, insurance plans accepted.

Allsun Ozyesil

LMHC, NCC

(518) 566-7832

allsunozyesil@gmail.com

Provides individual and family psychotherapy, as well as bariatric psychological evaluations. She welcomes children age 5 and up and specializes in treating anxiety, depression, and adjustment issues with a special sensitivity to LGBTQ issues. Allsun utilizes traditional talk therapy, DBT, CBT, and Mindfulness.

Darry A Roberts

Counselor, MS, LMHC, NCC

59 Ram Road

Morrisonville, New York 12962

(518) 621-0697

I will partner with you as we work together to identify and solve problems. I will show you how to overcome difficulties by helping you challenge your thinking, behavior and emotional responses. I will give you tools you can use to overcome problem areas in your life.

Unmanaged stress can negatively affect how we cope with the challenges we face in life. Anxiety and depression are just a couple of the most common effects of stress whether that stress is experienced in the present or past. Stress can also interfere with our ability to function in relationships by inhibiting our ability to process emotions. By working with a counselor you are taking the first important step in overcoming your challenges. Your journey in addressing these challenges is important to me and I look forward to working together with you in achieving improved emotional health and functioning.

While Cognitive Behavioral Therapy in the context of the whole person is the foundation of my therapeutic approach, your unique needs and experiences determine how we approach your challenges. I have long believed that the counseling and therapy approach needs to fit the person and not the other way around.

I have had extensive education, training and experience in a number of therapies for stress and stress related disorders as well as most other mental health problems. My practice is located in a relaxed country setting a few minutes from Plattsburgh to provide a supportive environment for healing and growth.

Sheri King
Counselor, NCC, LMHC

Empowerment Counseling

4817 S Catherine St

Suite 102

Plattsburgh, New York 12901

(518) 302-4391

I am accepting new clients. Who you are depends upon you. You have the answers within you. I can help you find those answers. I assist individuals work toward healing from within through building a sense of empowerment and self-confidence; to regain power that was taken, not allowed, or discouraged; to walk strongly, confidently, and purposefully toward wants, desires, needs, and goals. I guide couples in developing healthy relationship skills and to improve communication and assist parents in enhancing their communication skills with their children and to improve upon what parents already know about parenting.

I have worked with individuals, couples, adolescents, and adults who have experienced depression, grief/loss, relationship challenges, sexual abuse, trauma, domestic violence, anxiety, marital challenges, etc.

*Community Agency Services

Clinton County Mental Health Clinic

130 Arizona Ave, Suite 1500

Plattsburgh, NY 12903

Tel: 518-565-4060

Fax: 518-566-0168

Email: MentalHealth@clintoncountygov.com

Behavioral Health Services North

Child & Family Services:

22 US Oval, Suite 100
Plattsburgh, NY 12903
Phone: (518) 561-1767
Fax: (518) 561-1795

NAMI (National Alliance on Mental Illness)

NAMI:CV

304 New York Road
Plattsburgh, NY 12903
Phone: (518) 561-2685
Fax: (518)536-9047
Email: info@nami-cv.org

Champlain Valley Family Center (substance use treatment)

20 Ampersand Drive
Plattsburgh, NY 12901
Phone: (518) 561-8480

North Country Behavioral Medicine

3384 State Route 22, Ste 4
Peru, NY 12972
518-643-5550

(Staffed by 2 psychiatrists, one specializing in child and adolescent psychiatry, and two psychiatric nurse practitioners who are both board certified to care for all ages.)